## Healthy Snacks Entry Form Central Florida Fair 2005

Category:		
Na	me:Age (as of 9/1/04)	
Αċ	ldress:	
	one: County:	
E-1	mail Address:	
Na	me of Recipe:	
	Recipe must never have been published!  If ingredients include eggs, they must be cooked.  This form must be completed fully or your entry will not be accepted.  Please keep a copy of this form.  No pre-packed or boxed products or ingredients (i.e. no boxed cake mixes, "Bisquick", etc.)  gredients: (include amount and what was used - ex. ½ cup milk)	

Write detailed directions on how your product is made including the temperature and time it is to be cooked, if applicable.	
Why do you think this snack is healthy?	

\*\*\*\* Attach additional sheets if necessary. \*\*\*\*

Mail the recipe form to Seminole County Cooperative Extension Office, 250 County Home Road, Sanford, FL 32773 postmarked by February 11, 2005.